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ABSTRACT

An instructor's manual and student activity guide on skin care are provided in this set of prevocational education materials which focuses on the vocational area of trade and industry (cosmetology). (This set of materials is one of ninety-two prevocational education sets arranged around a cluster of seven vocational offerings: agriculture, home economics, distributive education, health occupations, world of work, trade and industry, and office occupations.) The instructor's guide is organized into the following elements: title of activity, duration of activity (four to nine periods), activity goals, instructional objectives (seven required plus one optional), related vocational clusters, and activity implementation (description, safety precautions, materials needed, teacher preparation prior to class, during the class, follow-up activities, answer key to student check point activities, and masters for duplication). The student activity guide provides step-by-step instructions (narrative and illustrations) for completing each instructional objective. At the end of each set of instructions is a student check point (evaluation activity). Occupational descriptions for a cosmetologist, cosmetologist apprentice, makeup artist, and masseur/masseuse conclude the document. (JH)

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ED169366

T & I - COSMETOLOGY, SKIN CARE

Kit No. 77

INSTRUCTOR'S MANUAL

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In Cooperation With

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1978

U.S. DEPARTMENT OF HEALTH
EDUCATION & WELFARE
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Department of Health, Education and Welfare, Office of Education.*

TITLE OF ACTIVITY

Kit No. 77, T & I — Cosmetology, Skin Care

DURATION

Main Activity: 3 — 6 periods
Follow-up Activity: 1 — 3 periods

GOALS

The student will know the proper procedures for good skin care.

The student will understand basic skin types and the manipulations for a facial.

The student will distinguish the three basic skin types.

The student will select and perform a facial technique appropriate for each skin type.

Optional

The student will select the proper facial shape, recognize the appropriate make-up selections for the shape and apply facial make-up.

INSTRUCTIONAL OBJECTIVES

Given a list of terms and definitions, each student will correctly match each term with its definition.

Each student will list the proper procedures for good daily skin care.

Each student will identify the ways a facial can condition the skin.

Given the proper materials and instructions, each student will perform a plain facial on a mannequin.

The student will demonstrate techniques for the care of normal or oily skin, using facial packs.

The student will demonstrate facial techniques for the care of dry skin, using a facial mask.

Each student will identify 11 materials used in make-up application.

Optional

Each student will apply facial make-up on another student.

VOCATIONAL CLUSTERS

Distributive Education, Office Occupations, Home Economics

ACTIVITY IMPLEMENTATION

A. Description

This activity can be done individually or in pairs. The student will perform the activities on his/her own face or on the face of a partner. They may then reverse positions in order that the activity will be performed by every student. If working alone, the student can practice on a mannequin after performing the activity on himself/herself.

B. Safety

Read and learn about available materials to apply to the face. Special care should be given to applying materials around the eye, nose and mouth areas.

C. Materials

1. Audio Visual Equipment:

None

2. Technical Equipment:

25 mannequin heads and bases
6 metal spatulas
12 plastic capes
3 tall sanitizers

3. Expendable Supplies:

cleansing cream and cleansing lotion
emollient
moisture cream
mask
astringent

antiseptic solution
skin freshener
absorbent cotton
70% alcohol
packs
towels
cotton balls

D. Preparation Prior to Class

Select pictures of make-up from magazines.

The local cosmetology association might provide you with display literature.

Read the instructions on all packets of creams, lotions, and make-up.

You may want to make a handout to distribute to students.

Read the student instruction booklet.

Reproduce all check sheets and VIEW material.

E. During Class Session

Almost every individual needs to practice the techniques for good skin care in order to have a healthier skin.

For the next few days we are going to explore the correct ways to care for the complexion.

If you have ever had skin problems you know how important a healthy skin is. In this activity you are going to learn the appropriate technique for the care and treatment of the facial skin.

Not only can proper skin care result in a more attractive appearance but it can also bring other benefits, such as providing rest for tired eyes and nerves, stimulation and rejuvenation of skin, prevention of wrinkles, and psychological effects.

To the Teacher

Distribute the booklets and oversee the activity. Make sure the students understand the selection of techniques. Observe students to make sure they are applying the appropriate materials to the skin. If a mannequin is used for practice facials the appropriate make-up should be selected, but not actually applied to the mannequin.

Always make sure that all tops are replaced on jars, bottles, etc., and that the area is cleaned up after the activity.

F. Follow-up Activities

(as many of these as possible should be used)

1. Have each student complete a VIEW Fact Sheet.
2. Students will practice facial manipulations on each other or on a mannequin.
3. Students will practice facials for oily and dry skin on each other or on a mannequin.
4. Students will practice making up their own faces and/or practice on other students or mannequins.
5. Have a make-up artist demonstrate techniques.

ANSWER KEY

Objective I

- | | |
|------|-------|
| 1. G | 6. H |
| 2. F | 7. J |
| 3. C | 8. D |
| 4. B | 9. A |
| 5. I | 10. E |

Objective II

1. Cleanliness
2. Sufficient rest and sleep
3. Well-balanced diet
4. Adequate liquid intake
5. "Vacation" from make-up
6. Never squeeze blackheads, pimples, or other blemishes
7. Use a medicated lotion on blackheads, pimples, or other blemishes
8. Keep emotions on an even keel
9. Adapt beauty routine to the seasons
10. Adapt skin care to your age and skin type
11. Seek professional help when needed

Objective III

1. Makes skin soft and smooth
2. Strengthens facial muscles
3. Soothes the nerves
4. Relaxes the individual
5. Stimulates and rejuvenates the skin
6. Helps to correct oily skin

7. Helps to correct dry skin
8. Helps to correct acne
9. Helps to eliminate blackheads and whiteheads
10. Helps to prevent wrinkles and aging lines

Objective IV – Checkpoint

1. yes
2. yes
3. yes
4. to close pores

Objective IV – Check Sheet

- | | |
|------|-------|
| 1. b | 6. b |
| 2. b | 7. b |
| 3. c | 8. a |
| 4. a | 9. c |
| 5. d | 10. d |

Objective VI

1. Plain
2. Pack
3. Mask

Objective VII

- | | |
|------|-------|
| 1. E | 7. B |
| 2. H | 8. A |
| 3. J | 9. C |
| 4. D | 10. G |
| 5. K | 11. F |
| 6. I | |

MASTERS FOR DUPLICATION

1. VIEW Fact Sheet
2. Check Sheets 1, 2, 3, 4, 6, and 7

CHECK SHEET NO. 1
(Matching)

- ____ 1. Acne cream
- ____ 2. Acne lotion
- ____ 3. Astringent
- ____ 4. Cleansing lotions
- ____ 5. Cold cream
- ____ 6. Green soap
- ____ 7. Massage cream
- ____ 8. Moisturizing cream
- ____ 9. Skin freshener lotion
- ____ 10. Witch hazel

- A — astringent for dry skin.
- B — used for very oily skin
- C — used for oily skin and large pores; it cleanses and closes pores
- D — used for aging dry skin
- E — used as a cleanser and cooling lotion
- F — used to sponge skin where simple acne exists
- G — helps clear skin of acne and other lesions
- H — a medicinal liquid soap
- I — used in facials for cleansing dry or normal skin
- J — used for massage on normal or slightly dry skin

CHECK SHEET NO. 2

List the proper procedures for good skin care.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

CHECK SHEET NO. 3

Identify the ways in which a facial conditions the skin.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

CHECK SHEET NO. 4

Circle the correct answer.

1. The first cream to be used in a plain facial is:
 - a. emollient
 - b. cleansing
 - c. foundation
 - d. bleaching
2. After a facial, an astringent lotion is used to:
 - a. open the pores
 - b. close the pores
 - c. lubricate the skin
 - d. lighten the skin
3. While giving a facial, the blood circulation is:
 - a. slowed
 - b. decreased
 - c. increased
 - d. stopped
4. A facial pack is recommended for:
 - a. oily skin
 - b. extremely dry skin
 - c. tightening flabby skin
 - d. adding color to skin
5. A hot oil mask may be recommended for:
 - a. tanned skin
 - b. freckled skin
 - c. oily skin
 - d. dry skin
6. Dry skin may be caused by underactive:
 - a. thyroid gland
 - b. oil gland
 - c. sweat gland
 - d. sex gland
7. The lubricant employed during a facial massage is:
 - a. cold cream
 - b. emollient cream
 - c. shaving cream
 - d. shipped cream

8. Excessive secretions from the oil glands result in:

- a. oily skin
- b. tanned skin
- c. dry skin
- d. normal skin

9. Oily skin and blackheads are the results of overactive:

- a. sweat gland
- b. thyroid gland
- c. oil gland
- d. sex gland

10. The skin is nourished by:

- a. cleansing cream
- b. good astringents
- c. cosmetic creams
- d. facial massage

CHECK SHEET No. 6

List three types of facials.

- 1.
- 2.
- 3.

CHECK SHEET NO. 7

Match the term with the correct definition by inserting the letter to the left of the term.

- | | |
|--------------------------|---|
| _____ 1. Cheek rouge | A — used over make-up to seal it in and keep it from getting oily |
| _____ 2. Covering powder | B — used to create an illusion so that eyes appear larger and farther apart |
| _____ 3. Cream mascara | C — adds color to lips |
| _____ 4. Cream powder | D — a combination of face powder and vanishing cream |
| _____ 5. Cream rouge | E — used to add color to the cheeks |
| _____ 6. Eyebrow pencil | F — composed of a dye dissolved in a solution of water, glycerin, alcohol and wax, adds color to cheeks |
| _____ 7. Eye shadow | G — adds color to lashes |
| _____ 8. Face powder | H — used for covering skin defects |
| _____ 9. Lipstick | I — used to darken the brows and lashes |
| _____ 10. Mascara | J — adds artificial color to the eye-lashes |
| _____ 11. Liquid rouge | K — recommended for dry skin |

T & I - COSMETOLOGY, SKIN CARE

Kit No. 77

**STUDENT
LEARNING ACTIVITY GUIDE**

Prepared by

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T & I – COSMETOLOGY, SKIN CARE

INTRODUCTION

If you have ever had skin problems, you know how important a healthy skin is. In this activity you are going to learn the appropriate technique for the care and treatment of the facial skin.

Not only can proper skin care result in a more attractive appearance but it can also bring other benefits such as providing rest for tired eyes and nerves, stimulation and rejuvenation of skin, prevention of wrinkles, and psychological effects.

GOALS

The student will know the proper procedures for good skin care.

The student will understand basic skin types and the manipulations for a facial.

The student will distinguish the three basic skin types.

The student will select and perform a facial technique appropriate for each skin type.

DIRECTIONS

Complete each objective, step and checkpoint. Turn all check sheets in to your instructor. Be sure to replace all tops or caps on containers so that materials do not spill or become too dry.

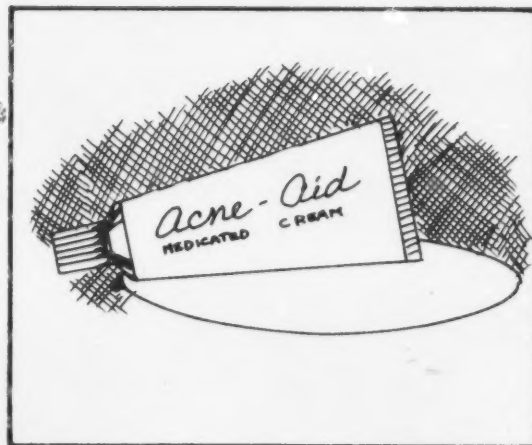
MATERIAL

- Mannequin head and base
- Plastic cape (optional)
- Containers
- Sanitizer
- Metal spatula

PROGRAMMED TEXT

Instructional Objective 1

Given a list of terms and definitions, each student will correctly match each term with its correct definition. These terms will be referred to throughout the remainder of the activity.



STEP 1 – Acne cream helps clear skin of acne and other lesions.



STEP 2 – Acne lotion – used to sponge skin where simple acne exists.



STEP 3 — Astringent — used for oily skin and large pores, it cleanses and closes pores.



STEP 6 — Green soap — a medicinal liquid soap.



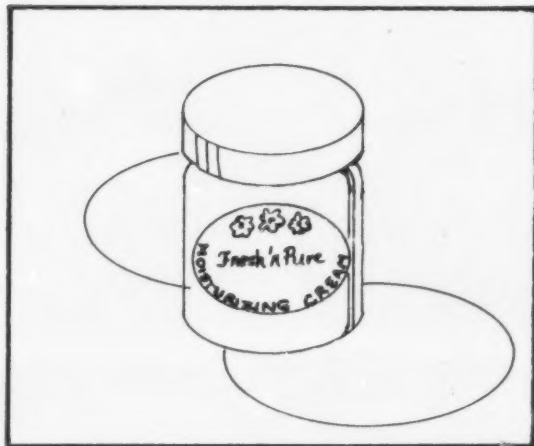
STEP 4 — Cleansing lotions — used for very oily skin.



STEP 7 — Massage cream — used for massage on normal or slightly dry skin.



STEP 5 — Cold cream — used in facials for cleansing dry or normal skin.



STEP 8 — Moisturizing cream — used for aging dry skin.



STEP 9 — Skin freshener lotion — astringent for dry skin.



STEP 10 — Witch hazel — used as a cleanser and cooling lotion.

Check Point

Using Check Sheet No. 1, match the proper letter with its correct term.

Instructional Objective

Each student will list the proper procedures for good daily skin care.



STEP 1 — Cleanliness can't be overemphasized because it is the key to complexion beauty.



STEP 2 — Sufficient rest and sleep, all too often neglected by busy individuals, are essential for the skin to revitalize itself.



STEP 3 — A well-balanced diet and adequate liquid intake are essential for a healthy complexion.



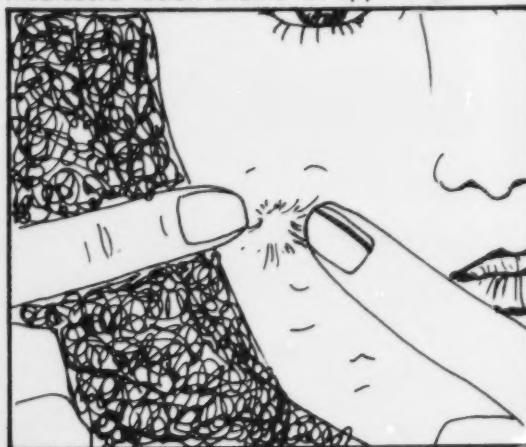
STEP 4 — Nourishment for the skin comes from within.



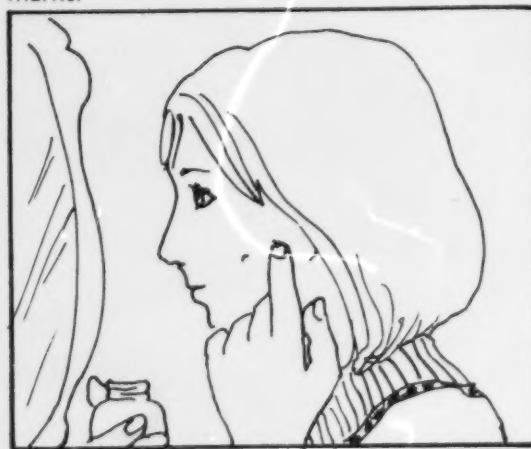
STEP 5 — A "vacation" from make-up should be practiced whenever possible.



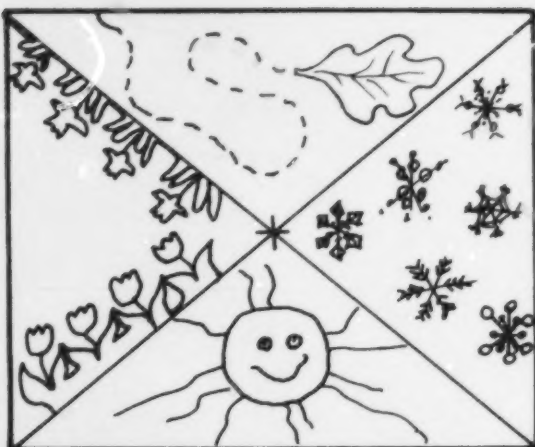
STEP 6 — Blackheads, pimples or other blemishes should never be squeezed. A good medicated lotion should be applied to them.



STEP 7 — Squeezing pimples is likely to spread infection and can also injure blood vessels causing permanent, unsightly red marks.



STEP 8 — Keep emotions on an even keel. Complexion disorders often stem from emotional upsets.



STEP 9 — The beauty routine should be adapted to the seasons. Temperature and humidity have definite effects on the skin.



STEP 10 — Skin types can undergo several changes with age.



STEP 11 — Adapt skin care to skin type and age. If a well-planned routine of skin care doesn't result in a clear and healthy complexion, professional help is needed.

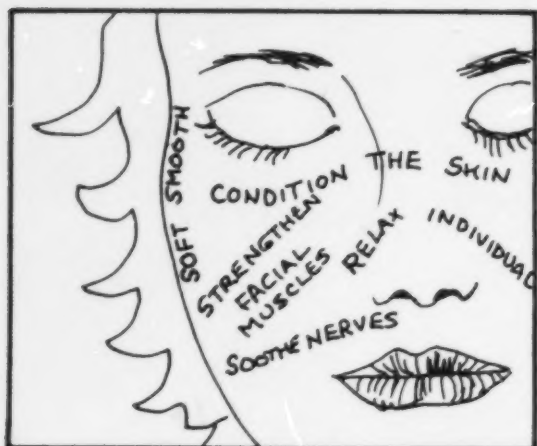


Check Point

Using Check Sheet No. 2, list at least six procedures to follow for good skin care.

Instructional Objective III

Each student will identify the ways a facial can help to condition the skin.



STEP 1 – Facial treatments help to make the skin soft and smooth, strengthen facial muscles, smoothe the nerves, relax the individual, stimulate and rejuvenate the skin.



STEP 2 – Facial treatments help to correct oily skin, dry skin, acne, blackheads, whiteheads and help prevent wrinkles and aging lines.



STEP 3 – A facial should be given once every seven days for normal skin.



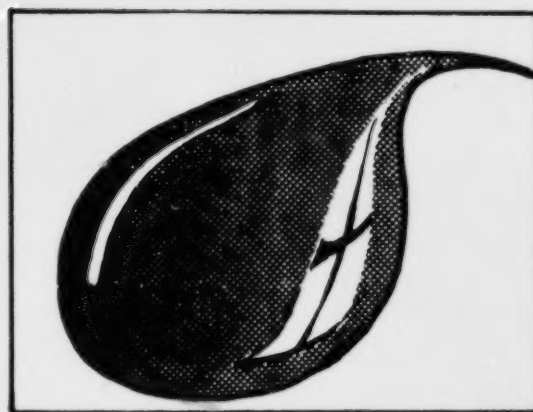
STEP 4 – In facial massage, it is essential that the patron be completely relaxed.



STEP 5 – In giving facials, harsh rough or cold hands are objectionable.



STEP 6 — A moisturizing cream is used to overcome a dry condition.



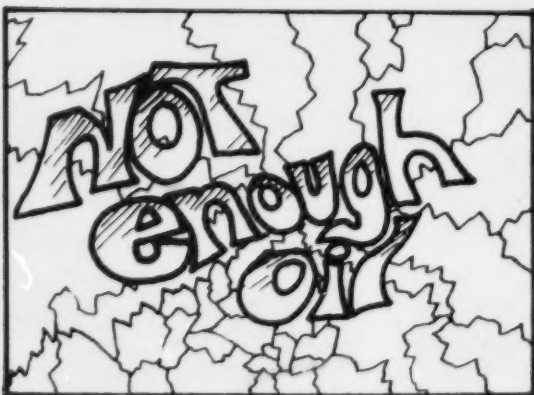
STEP 9 — The main cause of oily skin is overactive oil glands.



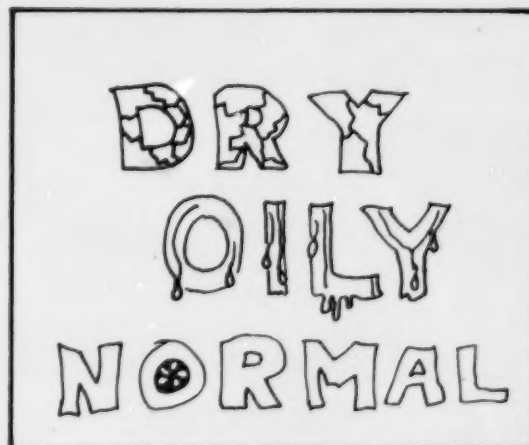
STEP 7 — An astringent is used to correct oily conditions.



STEP 10 — Facial masks are recommended for dry and aging skin.



STEP 8 — The main cause of dry skin is insufficient flow of oil.



STEP 11 — Packs and masks are recommended for dry, oily and normal skin.



STEP 12 — Packs are applied directly to the skin and masks are applied over gauze.



STEP 13 — The skin must be thoroughly cleaned prior to the application of a pack or mask.

Check Point

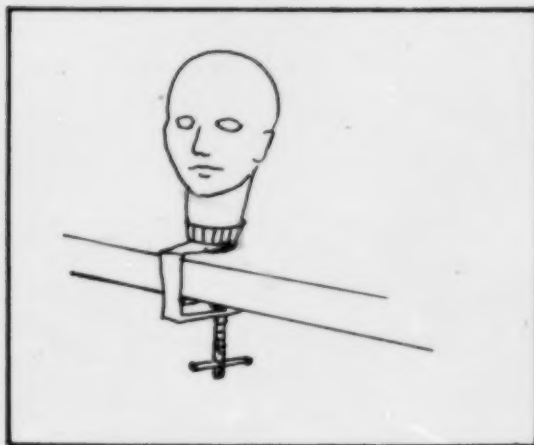
Using Check Sheet No. 3, identify at least six ways in which facials are used to condition the skin.

Instructional Objective IV

Given the proper materials, each student will perform a plain facial on a mannequin.



STEP 1 — Obtain a mannequin head from your instructor.



STEP 2 — Using the clamp base, secure the mannequin to a tabletop.



STEP 3 — Dip cleansing cream from container with a sanitized spatula.



STEP 4 — Apply cleansing cream to entire face and neck.



STEP 5 — Smooth cream over face and throat.



STEP 6 — Remove cleansing cream with a warm, moist face cloth.



STEP 7 — At this point the face can be steamed by bending head draped with a towel over a sink while hot water is running.



STEP 8 — Based on the skin analysis (oily or dry), decide on the creams to be used.



STEP 9 — Apply emollient which softens the skin and makes the fingers glide easily for facial manipulations.



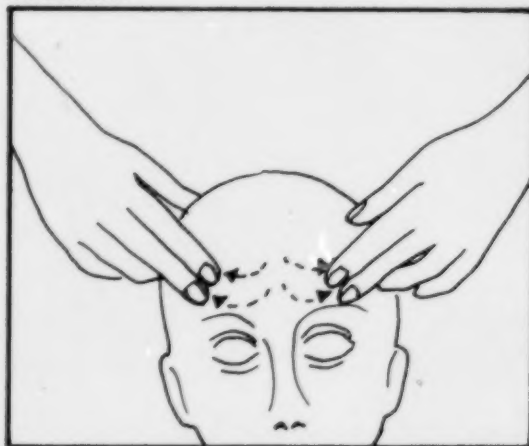
STEP 10 — Repeat each movement at least three times.



STEP 11 — Place fingers on temples and rotate; continue the up-and-down movement across the forehead; move back to the temple and repeat each movement.



STEP 12 — While stroking the forehead with one hand, move across the forehead to temples with the other hand in a rotating movement.



STEP 13 — With both hands, do a half-circle movement across the forehead.



STEP 14 — Place fingers of one hand on the sides of the nose and slide up to the hairline while rotating fingers of the other hand to follow the upward movement to the hairline.



STEP 15 — Place fingers of one hand on either side of nose and slide up to hairline; do the same with the other hand in a criss-cross method.



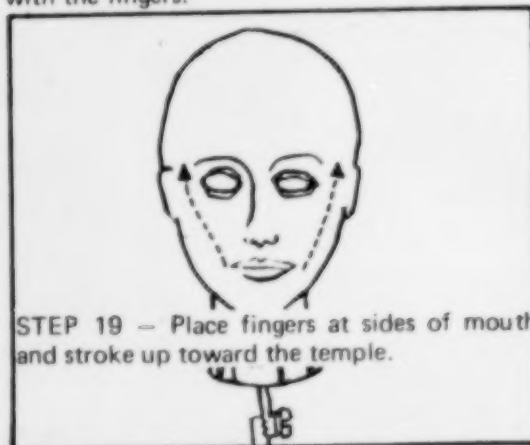
STEP 16 — Starting at the inner corners of the eyes, rotate the fingers around each eye. Next, pull the skin at the outer corner of each eye taut between the index and second finger of one hand while "erasing" crows feet with the fingers of the other hand.



STEP 17 — Place fingertips of both hands on forehead. Rotate in opposite directions across the forehead, down the nose and across the cheekbones. Continue this movement, beginning at forehead and ending lower on the cheek each time.



STEP 18 — Place thumbs under eyes on cheeks. With thumbs resting firmly under each eye, pluck, knead and stroke the cheeks with the fingers.



STEP 19 — Place fingers at sides of mouth and stroke up toward the temple.



STEP 20 — Place fingertips of one hand where jaw bones connect; press. Cup the other hand under the chin and stroke up to where jaw connects on the opposite cheek and press. Repeat the movement on the other side of the face.



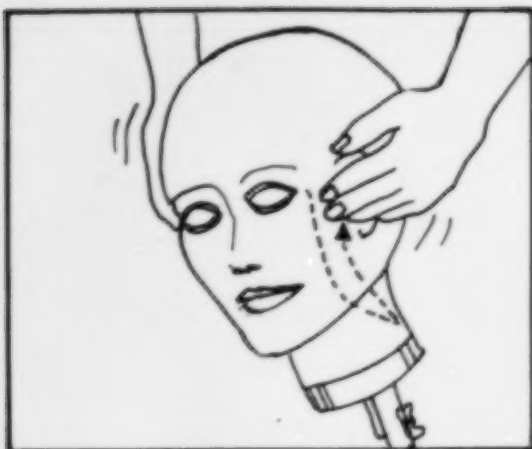
STEP 22 — With fingers of both hands, stroke downward on the neck. Press on chest or breast bone to force the air from the lungs. Move the hands across the shoulders while massaging gently.



STEP 21 — Stroke upward on the neck with both hands and pull cheeks together, making the lips form a cupid's bow. (kissing position)



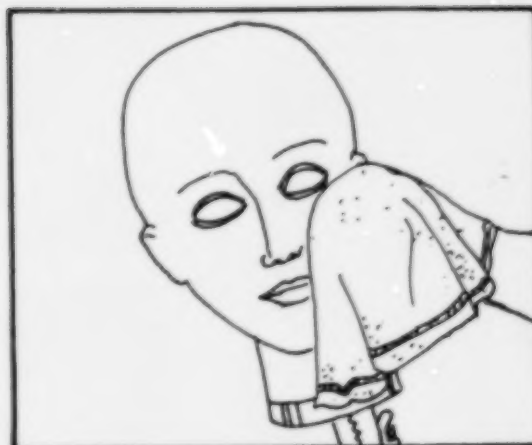
STEP 23 — With hands on each side of the neck, rotate the fingers in an upward movement over each side of the face, ending at the temple. Press on temple.



STEP 24 — From temples rotate downward on the face to the back of the neck then back to the temples again; press. Cup hands over ears and gently roll the head from side to side, pulling the head gently toward you as you turn it.



STEP 25 — From the temples very lightly rotate fingers around the eyes and across the eyelids; remove the hands when reaching the temples again.



STEP 26 — Remove emollient cream with a warm, moist cloth.



STEP 27 — Apply astringent lotion which helps to close pores. Use a damp sponge or a cotton ball.

Optional

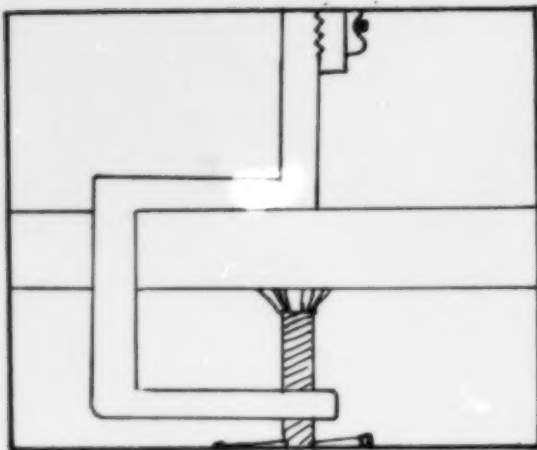
STEP 28 — The face is now ready for make-up.

Check Point

- Did you cover the hair with a towel?
- Did you use a clean spatula to dip cream?
- Did you use an astringent?
- If so, what was the reason for using astringent?
- Fill in the answers to questions on Check Sheet No. 4.

Instructional Objective V

The student will demonstrate techniques for the care of normal or oily skin, using facial packs.



STEP 1 — Prepare the mannequin for a facial by securing it to a tabletop with the base clamp.



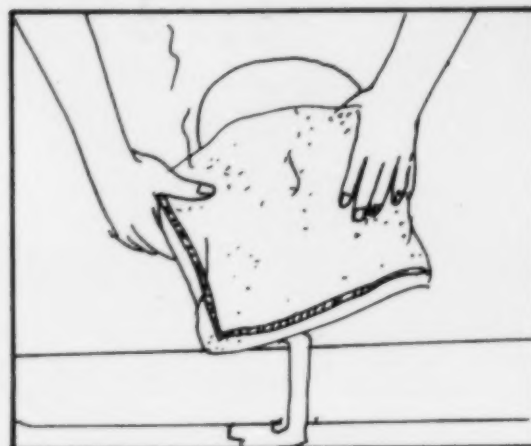
STEP 2 — Dip cleansing cream from container with a sanitized spatula.



STEP 3 — Apply cleansing cream to the entire face and neck.



STEP 4 — Smooth cream over face and throat.



STEP 5 — Remove cleansing cream with a warm, moist face cloth.



STEP 6 — Apply emollient which softens the skin and makes the fingers glide easily for facial manipulation movements.



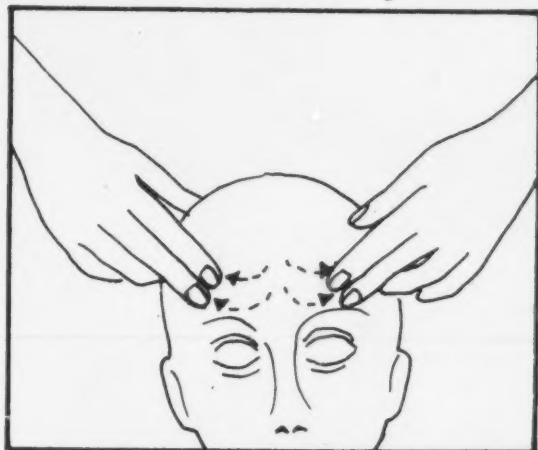
STEP 7 — Give facial manipulations as illustrated. Repeat each movement at least three times.



STEP 8 — Place fingers on temples and rotate. Continue the up-and-down movement across the forehead; move back to the temple and repeat each movement.



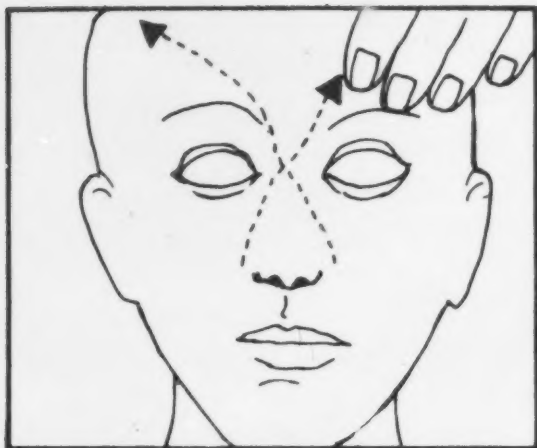
STEP 9 — While stroking the forehead with one hand, move across the forehead to temples with the other hand in a rotating movement.



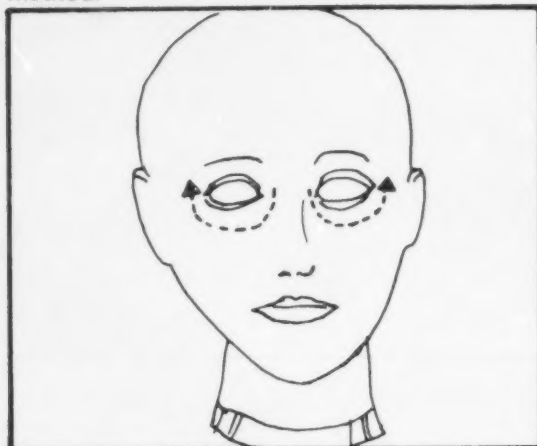
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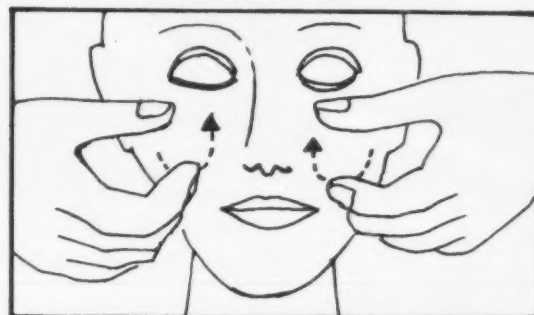
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STEP 13 — Starting at the inner corners of the eyes, rotate the fingers around each eye. Next, pull the skin at the outer corner of each eye taut between the index and second finger of one hand while "erasing" crows feet with the fingers of the other hand.



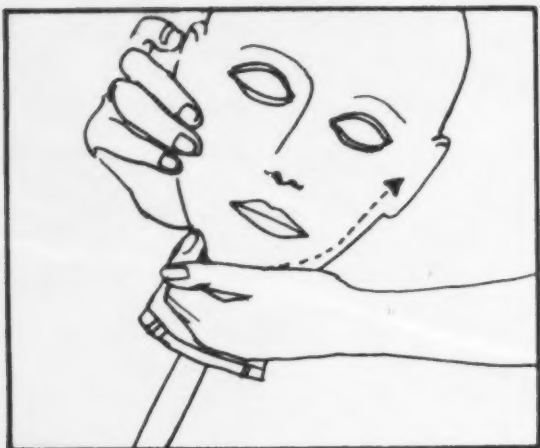
STEP 14 — Place fingertips of both hands on forehead. Rotate in opposite directions for each hand across the forehead, down the nose, across the cheek bones. Continue this movement, beginning at forehead and ending lower on the cheek each time.



STEP 15 — Place thumbs under eyes on cheeks. With thumbs resting firmly under each eye, pluck, knead and stroke the cheeks with the fingers.



STEP 16 — Place fingers at side of mouth and stroke up toward the temple.



STEP 17 — Place fingertips of one hand where jaw bones connect; press. Cup the other hand under the chin and stroke up to where jaw connects on the opposite cheek and press. Repeat the movement on the other side of the face.



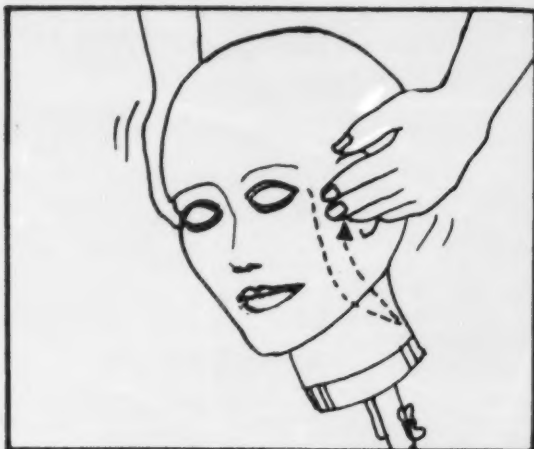
STEP 19 — With fingers of both hands, stroke downward on the neck. Press on chest or breast bone to force the air from the lungs. Move the hands across the shoulders while massaging gently.



STEP 18 — Stroke upward on the neck with both hands and pull cheeks together making the lips form a cupid's bow. (kissing position)



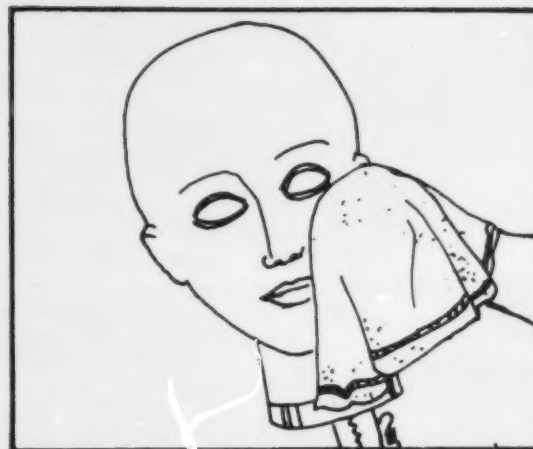
STEP 20 — With hands on each side of the neck, rotate the fingers in an upward movement over each side of the face ending at the temple. Press on temple.



STEP 21 — From temples, rotate downward on the face to back of the neck then back to the temples again, and press. Cup hands over ears and gently roll the head from side to side, pulling the head gently toward you as you turn it.



STEP 22 — From the temples very lightly rotate fingers around the eyes and across the eyelids and remove the hands when reaching the temples again.



STEP 23 — Remove emollient cream with a warm, moist cloth.



STEP 24 — Apply astringent lotion which helps close pores. Use a damp sponge or a cotton ball.



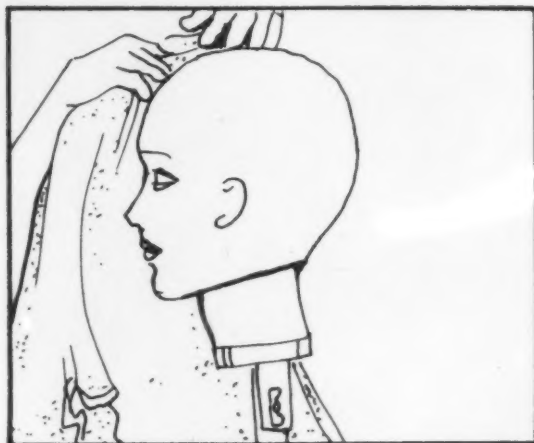
STEP 25 — Apply pack. Keep away from the eye area, nose and mouth.



STEP 26 — Moisten two cotton balls with astringent and cover each eye.



STEP 27 — Let the pack dry (or follow manufacturer's directions).



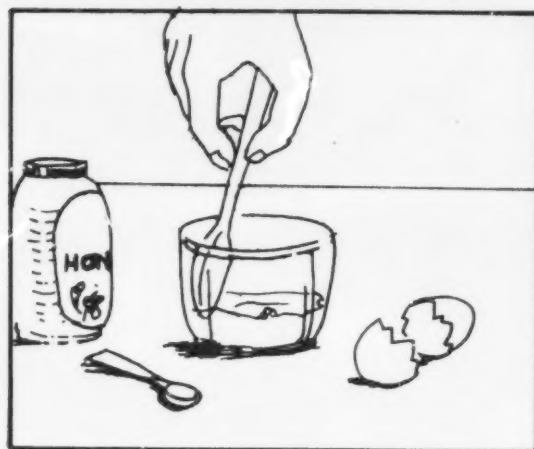
STEP 28 — Remove pack with a warm moist face towel.



STEP 29 — Apply astringent.



STEP 30 — The face is ready for make-up.



Optional

Packs may be made at home using the beaten white of an egg with 1/2 tablespoon honey added. Leave on the face five minutes. Remove with a moist face cloth. Apply astringent.

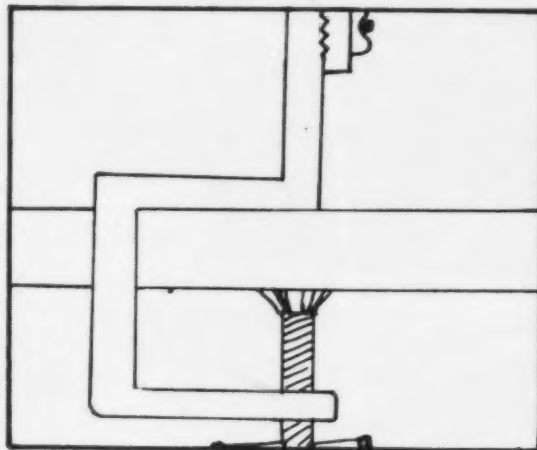
Another homemade pack can be prepared by mixing equal parts of cornmeal and oatmeal with water to make a paste. Apply to face. Avoid the eye area. Leave on five minutes. Remove with a moist face cloth. Apply astringent.

Check Point

Ask your instructor to observe your application of facial packs.

Instructional Objective VI

The student will demonstrate techniques for the care of dry skin, using a facial mask.



STEP 1 — Prepare the mannequin for a facial by securing it to a tabletop with the base clamp.



STEP 2 — Dip cleansing cream from container with sanitized spatula.



STEP 3 – Apply cleansing cream to the entire face and neck.



STEP 4 – Smooth cream over face and throat.



STEP 5 – Remove cleansing cream with a warm, moist face cloth.



STEP 6 – Apply emollient which softens the skin and makes the fingers glide easily for facial manipulations (movements).



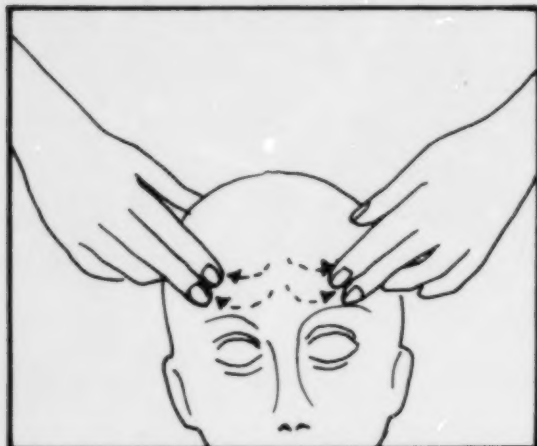
STEP 7 – Give facial manipulations. Repeat each movement at least three times.



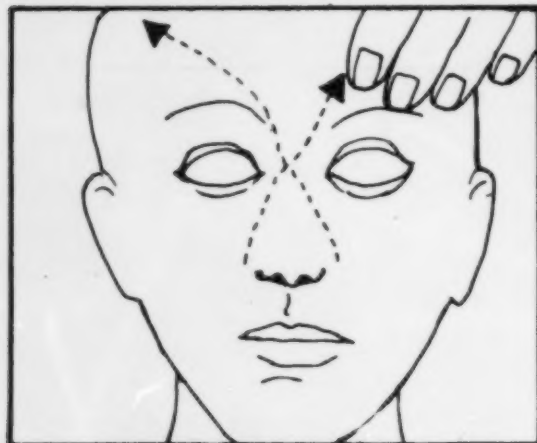
STEP 8 – Place fingers on temples and rotate. Continue the up-and-down movement across the forehead; move back to the temple and repeat each movement.



STEP 9 – While stroking the forehead with one hand move across the forehead to temples (in a rotating movement) with the other hand.



STEP 10 – With both hands do a half-circle movement across the forehead.



STEP 11 – Place fingers of one hand on the sides of the nose and slide up to the hairline while rotating fingers of the other hand to follow the upward movement to the hairline.



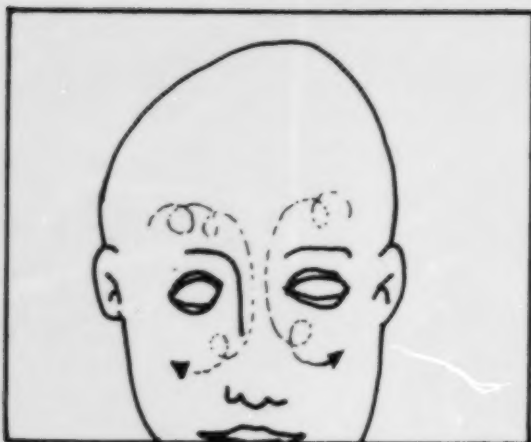
STEP 12 – Place fingers of one hand on either side of nose and slide up to hairline. Do the same with the other hand in a crisscross method.



STEP 13 – Starting at the inner corners of the eyes, rotate the fingers around each eye.



STEP 14 – Pull the skin at the outer corner of each eye taut between the index and second finger of one hand while "erasing" crow's feet with the fingers of the other hand.



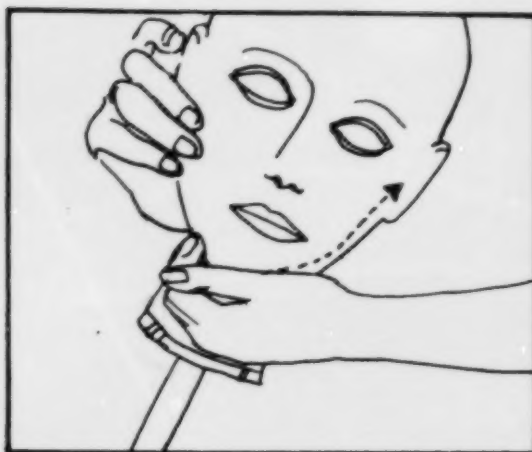
STEP 15 — Place fingertips of both hands on forehead. Rotate in opposite directions across the forehead, down the nose and across the cheek bones. Continue this movement, beginning at forehead and ending lower on the cheek each time.



STEP 16 — Place thumbs under eyes on cheeks. With thumbs resting firmly under each eye, pluck, knead and stroke the cheeks with the fingers.



STEP 17 — Place fingers at sides of mouth and stroke up toward the temple.



STEP 18 — Place fingertips of one hand where jaw bones connect; press. Cup the other hand under the chin and stroke up to where jaw connects on the opposite cheek and press. Repeat the movement on the other side of the face.



STEP 19 — Stroke upward on the neck with both hands and pull cheeks together making the lips form a cupid's bow (kissing position).



STEP 20 — With fingers of both hands, stroke downward on the neck. Press on chest or breast bone to force the air from the lungs. Move the hands across the shoulders while massaging gently.



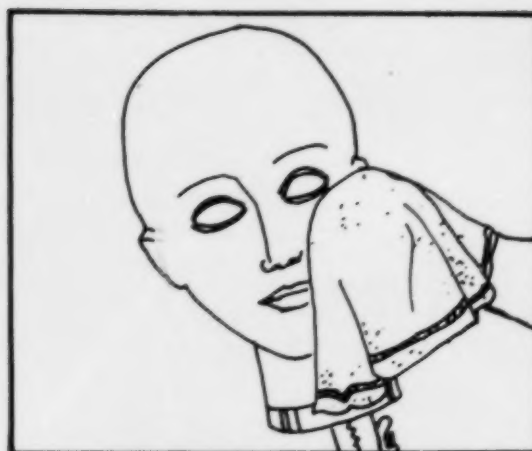
STEP 21 — With hands on each side of the neck, rotate the fingers in an upward movement over each side of the face ending at the temple. Press on temple.



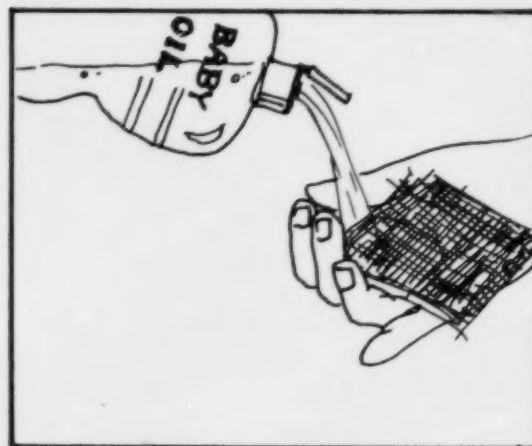
STEP 22 — From temples rotate downward on the face to back of the neck then back to the temples again, and press. Cup hands over ears and gently roll the head from side to side, pulling the head gently toward you as you turn it.



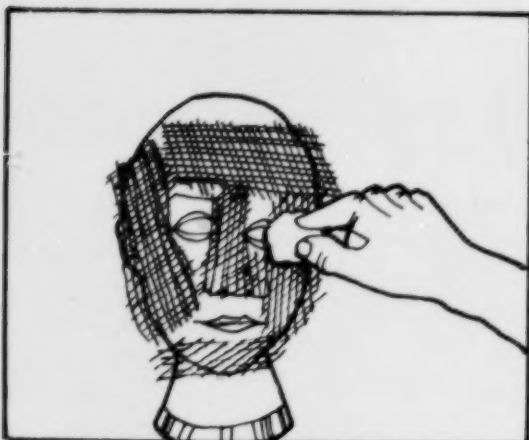
STEP 23 — From the temples very lightly rotate fingers around the eyes and across the eyelids and remove the hands when reaching the temples again.



STEP 24 — Remove emollient cream with a warm, moist cloth.



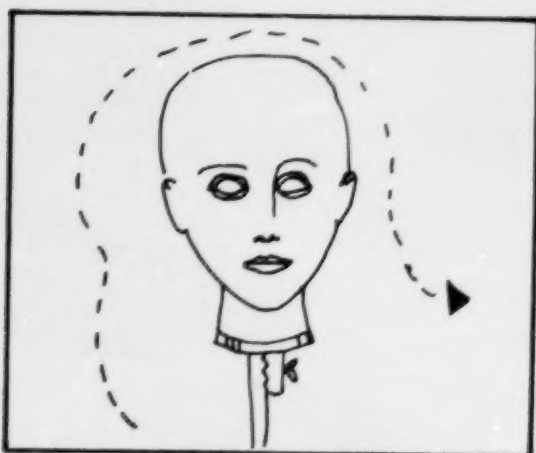
STEP 25 — Apply mask. Moisten gauze with warm oil (baby oil); Place gauze on throat and face.



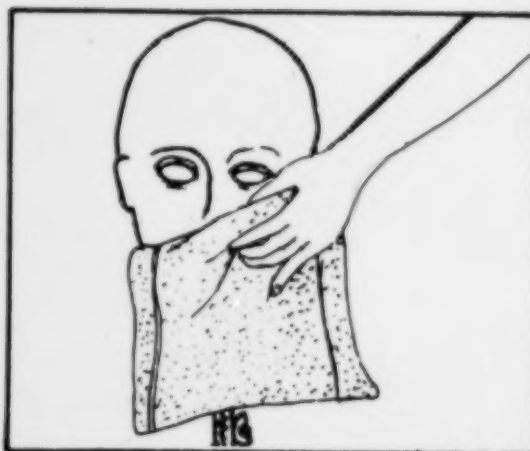
STEP 26 — Moisten cotton balls with astringent or witch hazel and place cotton over eyes. Leave on at least ten minutes.



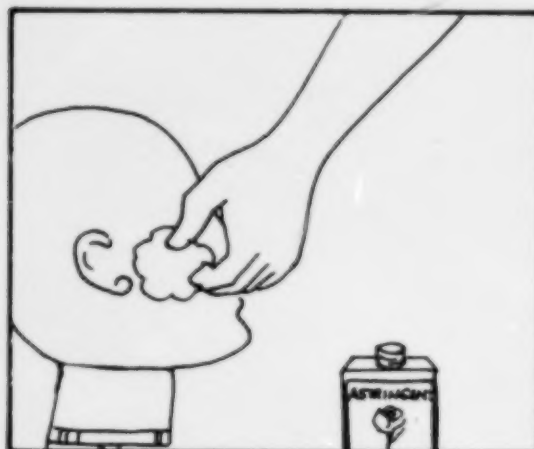
STEP 27 — Remove gauze.



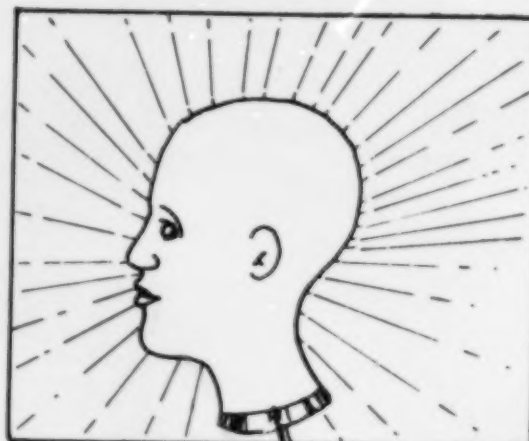
STEP 28 — Give facial manipulations. Follow the same procedure used in step 7.



STEP 29 — Clean face with warm, moist cloth.



STEP 30 — Apply astringent lotion.



STEP 31 — The face is ready for make-up.

Optional

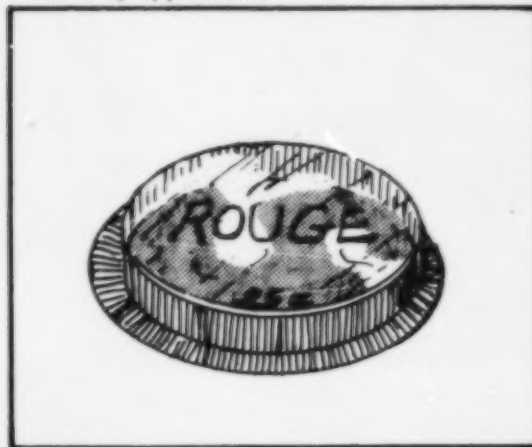
The oatmeal mask may be made at home. Using instant oatmeal, mix with hot water following directions on package; let cool. Clean face; apply oatmeal avoiding eye area; let dry ten minutes or longer, up to 25 minutes. Remove with lukewarm water. Follow by cold water splashing.

Check Point

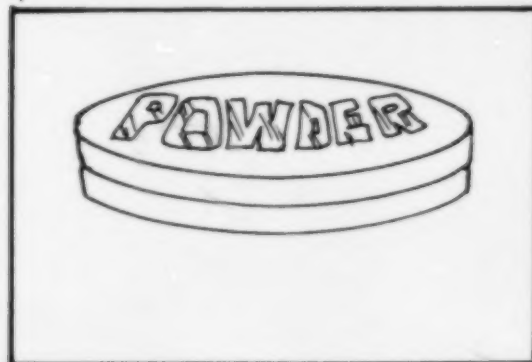
Using Check Sheet No. 6 list three different types of facials.

Instructional Objective VII

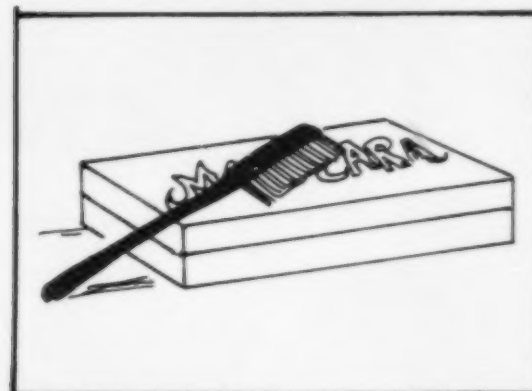
Each student will identify material used in make-up application.



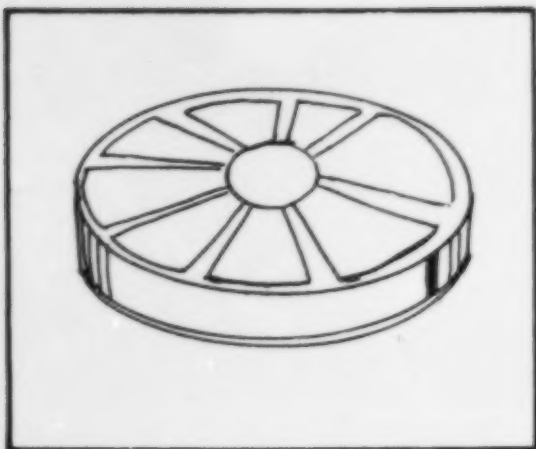
STEP 1 — Cheek rouge — used to add color to the cheeks.



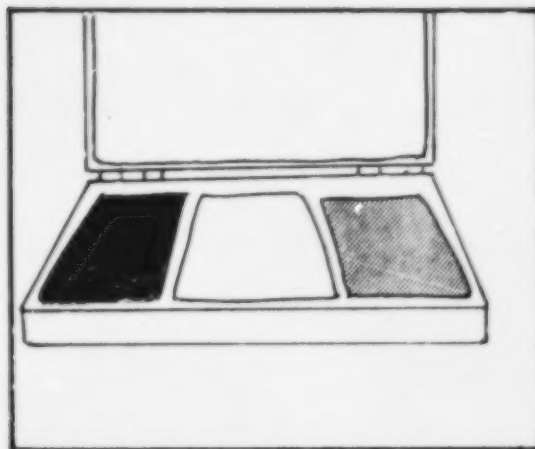
STEP 2 — Covering powder — used for covering skin defects.



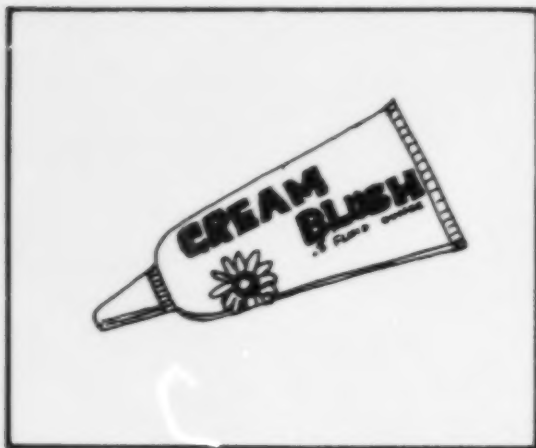
STEP 3 — Cream mascara — adds artificial color to the eye lashes.



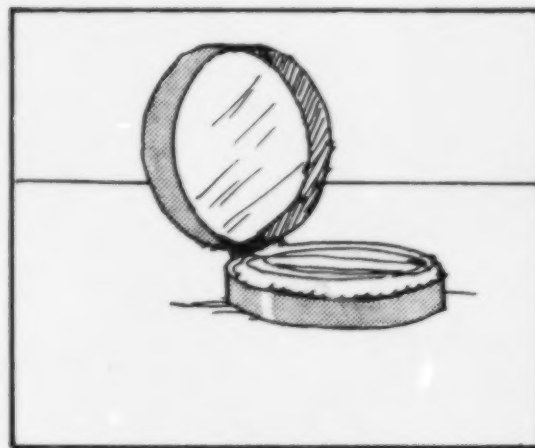
STEP 4 — Cream powder — a combination of face powder and vanishing cream.



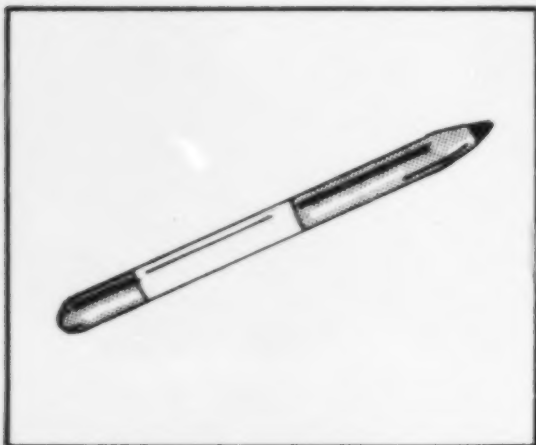
STEP 7 — Eye shadow — used to create the illusion that the eyes appear larger and farther apart.



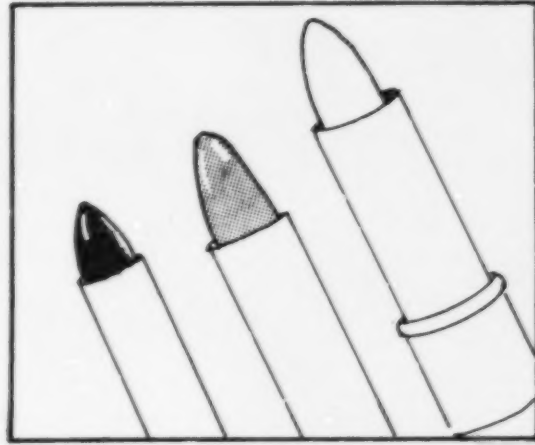
STEP 5 — Cream rouge — recommended for dry skin.



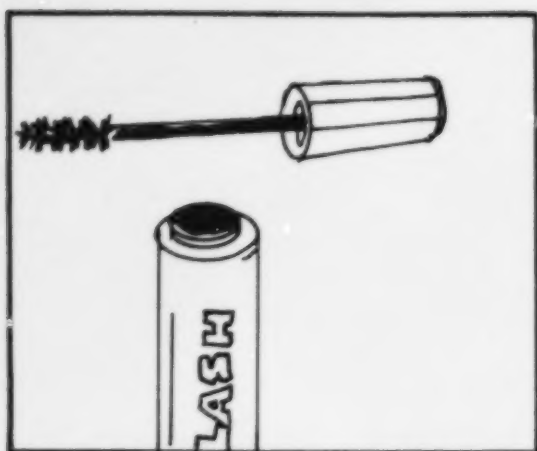
STEP 8 — Face powder — used over make-up to seal it in and keep it from getting oily.



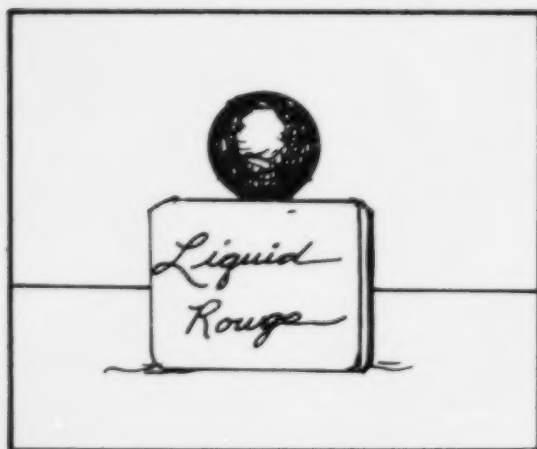
STEP 6 — Eyebrow pencil — used to darken the brows and lashes.



STEP 9 — Lipstick — adds color to lips.



STEP 10 – Mascara – adds color to lashes.



STEP 11 – Liquid rouge – composed of a dye dissolved in a solution of water, glycerin, alcohol and wax, adds color to cheeks.

Check Point

Using Check Sheet No. 7, match the proper terms with their correct definitions.

OPTIONAL

Instructional Objective VIII

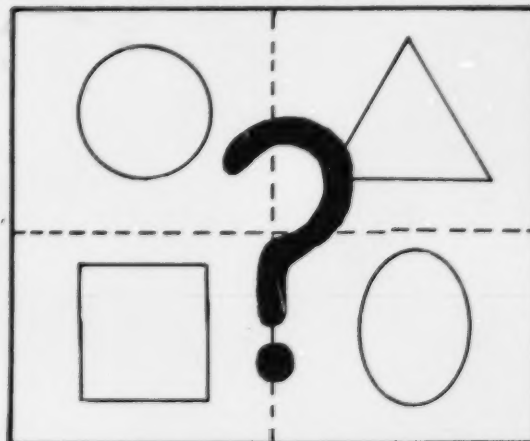
Each student will apply facial make-up on a student.



STEP 1 – Drape student with plastic cape to cover clothing.



STEP 2 – Cover hair with a towel.



STEP 3 – Determine the face shape before applying make-up. Remember to wash hands in presence of model.



STEP 4 — Apply cleansing cream, using upward circular movements.



STEP 5 — Remove cleansing cream.



STEP 6 — Apply moisturizer base.



STEP 7 — May arch eyebrows.

STEP 8 — Apply astringent to eyebrows if arched.



STEP 9 — If skin is oily apply astringent.



STEP 10 — Blot dry with towel.



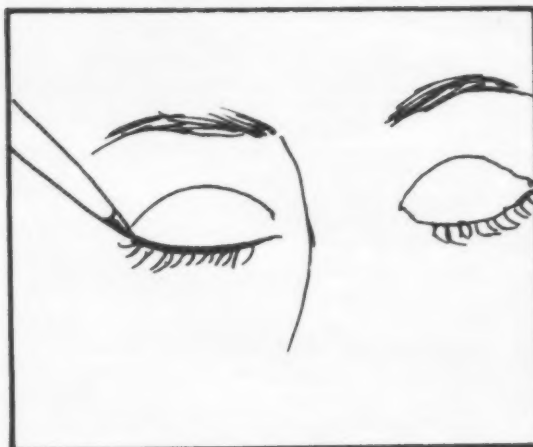
STEP 11 — Apply base — blend downward over the neck. To highlight use any color lighter than skin. To minimize, use any color darker than skin.



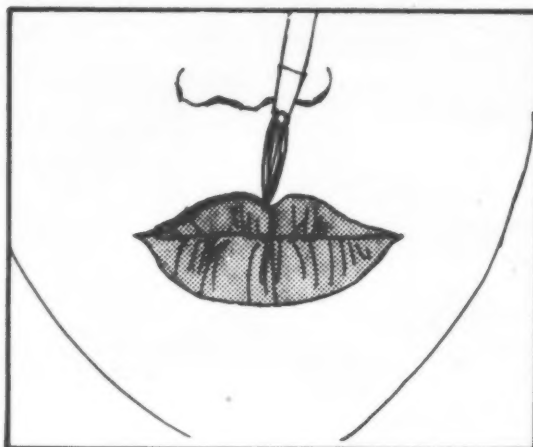
STEP 12 — Apply translucent (no color) powder.



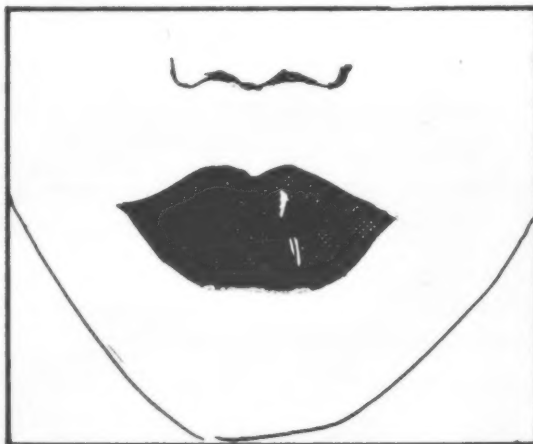
STEP 13 — Apply eyeshadow.



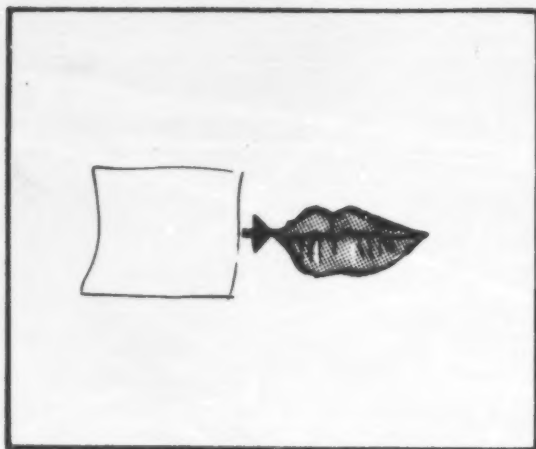
STEP 14 — Apply eyeliner (to make eyes appear larger).



STEP 15 — Apply lip color (to correct lip shape).



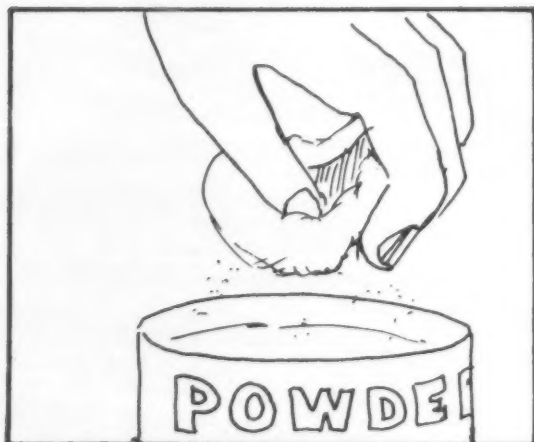
STEP 16 — Outline lip area with darker color; fill in with lighter shade.



STEP 17 – Blot excess lipstick.



STEP 18 – Apply blush.



STEP 19 – Apply powder to set make-up.



STEP 20 – Clean up your work area. Throw away materials that can't be sanitized.

Check Point

Did you wash your hands before starting the make-up steps?

Did you use astringent for oily skin?

Did you use skin freshener for dry skin?

Did you clean up after completing the make-up?

OCCUPATIONAL DESCRIPTIONS

332.271-010 COSMETOLOGIST (per. ser.) beautician; beauty culturist; beauty operator; cosmetician.

Provides beauty services for customers: Analyzes hair to ascertain condition of hair. Applies bleach, dye, or tint, using applicator or brush, to color customer's hair, first applying solution to portion of customer's skin to determine if customer is allergic to solution. Shampoos hair and scalp with water, liquid soap, dry powder, or egg, and rinses hair with vinegar, water, lemon, or prepared rinses. Massages scalp and gives other hair and scalp-conditioning treatments for hygienic or remedial purposes [SCALP-TREATMENT OPERATOR (per.ser.)]. Styles hair by blowing, cutting, trimming, and tapering, using clippers, scissors, razors, and blow-wave gun. Suggests coiffure according to physical features of patron and current styles, or determines coiffure from instructions of patron. Applies water or waving solutions to hair and winds hair around rollers, or pin curls and finger-waves hair. Sets hair by blow-dry or natural-set, or presses hair with straightening comb. Suggests cosmetics for conditions, such as dry or oily skin. Applies lotions and creams to customer's face and neck to soften skin and lubricate tissues. Performs other beauty services, such as massaging face or neck, shaping and coloring eyebrows or eyelashes, removing unwanted hair, applying solutions that straighten hair or retain curls or waves in hair, and waving or curling hair. Cleans, shapes, and polishes fingernails and toenails [MANICURIST (per. ser.)]. May be designated according to beauty service provided as FACIAL OPERATOR (per. ser.); FINGER WAVER (per. ser.); HAIR COLORIST (per. ser.); HAIR TINTER (per. ser.); MARCELLER (per. ser.); PERMANENT WAVER (per. ser.); SHAMPOOER (per. ser.).

332.271-014 COSMETOLOGIST APPRENTICE (per. ser.) beautician apprentice; beauty-culturist apprentice; beauty-operator apprentice; cosmetician apprentice.

Performs duties as described under APPRENTICE (any ind.).

333.071-010 MAKE-UP ARTIST (amuse. & rec.; motion pic.; radio & tv broad.)

Studies production requirements, such as character, period, setting and situation, and applies makeup to performers to alter their appearance to accord with their roles: Examines sketches, photographs, and plaster models in period files to obtain an image of character to be depicted. Confers with stage and motion picture officials and performer to determine alterations to be made and makeup to be used. Designs prostheses of rubber or plastic and requisitions cosmetics and makeup materials, such as wigs, beards, rouge, powder, and grease paint. Applies prostheses, cosmetics, and makeup to change such physical characteristics of performer as facial features, skin texture, bodily contours, and demensions and to produce effect appropriate to depict character and situation. May make drawings or models based upon independent research to augment period files.

334.374-010 MASSEUR/MASSEUSE (per. ser.) bath attendant; bathhouse attendant; rubber.

Massages customers and administers other body conditioning treatments for hygienic or remedial purposes: Applies alcohol, lubricants, or other rubbing compounds. Massages body, using such techniques as kneading, rubbing, and stroking flesh, to stimulate blood circulation, relax contracted muscles, facilitate elimination of waste matter, or to relieve other conditions, using hands or vibrating equipment. Administers steam or dry heat, ultraviolet or infrared, or water treatments on request of customer or instructions of PHYSICIAN (medical ser.). May give directions to clients in activities, such as reducing or remedial exercises. May examine client and recommend body conditioning activities or treatments. May record treatments furnished to customers.